



Your Guide to the Infamous 10-Step Korean Skincare Routine

Oil-Based Cleanser

Korean skincare relies heavily on cleansers such as oil cleansers and makeup removers. These cleansers should be used first thing both morning and night to draw out impurities such as SPF (sunscreen), pollution, old makeup, and other debris. Use an eye-friendly makeup-removing liquid or wipe to remove mascara. For best results, massage gently into the skin and then rinse well.

Water-Based Cleanser

The second step of the traditional Korean skincare routine is to cleanse—again! Most dermatologists recommend cleansing the skin twice in order to thoroughly clear out any impurities that could potentially cause breakouts. Water-based cleansers, compared to oil-based cleansers, tackle impurities such as dirt and sweat. This cleanser should be used twice daily, morning and night, and should be massaged gently into damp skin and then rinsed.

Exfoliant

Exfoliation is a crucial step in any skincare routine, as it clears out any remaining debris as well as dead skin cells from the skin's pores. Exfoliation should occur once or twice a week and will help your skin appear brighter and smoother. As you exfoliate, pay special attention to your nose and any wide, visible pores on your cheeks.

Toner

Toner is used to balance the skin's moisture and pH levels. It is particularly beneficial in repairing the skin's barrier and preparing to absorb the following moisturizers. Toner should be applied daily with a cotton pad across the entire face or patted gently into the skin for the best skincare results.

Essence

The Korean skincare industry is well-known for its essences. Essences are a typically lightweight blend of ingredients that hydrate and enhance the complexion. To apply, sprinkle essence into hands and pat gently into face and neck daily.

Treatment

Boosters, serums, and other skin perfectors are where the Korean skincare process gets personal. These products should target concerns specific to you such as acne,

wrinkles, dark spots, blackheads, and more. Tap products gently into the skin daily, focusing on the areas most affected.

Sheet Mask

The purpose of a sheet mask is to relax and rehydrate the skin and is thus best used just before bed. By exposing the skin to the nutrient-infused sheet for an extended period of time, the skin is able to completely absorb moisture and nutrients. Sheet masks should be applied to clean skin for 15-20 minutes each night.

Eye Cream

If you suffer from dark circles, puffiness, crow's feet, or bags under your eyes, eye cream can help. Eye cream should be tapped (not rubbed) gently around the eyes, morning and night as part of your skincare routine.

Moisturizer

The next step of the beloved Korean skincare routine is miniaturization. Moisturizers help seal the previous steps of the process, smooth fine lines, and soften the skin. for use, pat gently into the skin twice daily.

Sunscreen

Last but certainly not least, protect your skin! Sunscreen is crucial when it comes to preventing skin cancer and premature aging. Even if you'll be inside most of the day, UV rays can still penetrate your household, slowly damaging your skin over time. Apply sunscreen daily as the last step in your morning skincare routine, and reapply it throughout the day as needed.

Before making any drastic changes to your [skincare](#) routine, always consult your local Bountiful dermatologist. Bahr Dermatology, located in [Bountiful](#) can provide professional assistance, products, and results!